DEFENCE KEY TO SPRING IN JAYS' STEP metroSPORTS

Ottawa metro

Your essential daily news | WEDNESDAY, MARCH 9, 2016

High 9°C/Low 2°C Rainy

Easter recipes: Including a controversial one metroLIFE

PHOTOS SUBMITTED TO WINGD BY OTTAWA INSTAGRAMMERS: @PATRICK.HARRIS.148, @GOLAM.NANDOKO, @J.L.SHEIKH, @FATIMAFAKIH2, @WINGD.CA, @LITTLEMISSOTTAWA

Hipster's guide to Ottawa

Local bloggers creating a millennial-focused travel guide filled with high-quality photos and stories about the capital

metroNEWS

'It's not about gentrification'

PLANNING

Low-income areas eyed for revitalization pilot project

Lucy Scholey
Metro | Ottawa

The City of Ottawa is eyeing three low-income communities for a groundbreaking new "revitalized neighbourhoods" project.

The planning committee approved the plan Tuesday, which would inject $250,000 from the city's strategic initiatives budget into revamping Carlington, Albion-Heatherington and Vanier South. If council approves the plan, the studies would be phased in over three years starting in 2016.

Gloucester-Southgate Coun. Diane Deans, who first pitched the project for her community of Albion-Heatherington last year, said she envisions a better mix of housing, more green space and more "community empowerment."

"It's not about gentrification, it's about making every community healthy," she said, noting the plans must be grassroots and unique to the three different neighbourhoods.

Deans' inspiration stems from East Lake in Atlanta, which she said is ahead of the curve when it comes to mixed-income neighbourhoods. City staff say Ottawa's new pilot project is unprecedented in North America.

Last year, Deans slammed a council vote against her plan to set aside $250,000 in the strategic initiatives for a revitalized neighbourhoods plan in Albion-Heatherington. Councillors opted to go back to the drawing board and pinpoint other low-income communities that may benefit.

On Tuesday, Deans said she was pleased the shortlist included three communities. Although the $250,000 will be divvied up, she said city departments would dig through their own budgets for more funding.

metro NEWS

Your essential daily news

Rise of emojis influencing language, law in a virtual world. **Business**

COMMUNITY

Library location still a concern

Emma Jackson
Metro | Ottawa

Ottawa library officials were feeling the heat Tuesday as residents demanded a say in where it builds a new central library.

Seven delegations addressed the packed library board meeting, where CEO Danielle McDonald updated trustees on the central library project.

"We need an impartial committee of librarians and professionals to properly vet a number of potential sites, and not necessarily just LeBreton Flats," said Paul deBellet Kariouk, an architect and Carleton professor.

The library is eyeing a city-owned property at 557 Wellington Street west of Bronson Avenue, which is a potential site for the central library despite its distance from the traditional core around the ByWard Market and Elgin Street.

Five of the library's nine identified potential sites are located west of Bronson. DuBellett Kariouk was the most outspoken of the delegates, accusing members of the committee — including chairman Tim Tierney — of being in developers' pockets.

Activists call for end to sexualized dress codes

LABOUR

Unequal treatment still an issue for women: Paper

Women who work in restaurants and bars should not be forced to wear high heels, short skirts and low-cut tops, human rights activists said Tuesday, calling for an end to sexualized dress codes for female workers.

"Excellent customer service doesn't have a cup size," said Kelly Laird, executive director of the Human Rights Legal Support Centre in Toronto. "I hope women will call us for legal help if cleavage is deemed an essential skill in their workplace."

The Ontario Human Rights Commission issued a policy paper on gender-specific dress codes Tuesday to coincide with International Women's Day, calling for an end to clothing requirements that discriminate against female and transgender workers.

> **Excellent customer service doesn't have a cup size.**
> Kelly Laird

"Employers must make sure their dress codes don't reinforce sexist stereotypes," said chief commissioner Renu Mandhane. "They send the message that an employee's worth is tied to how they look. That's not right."

Women should not be expected to dress in a sexualized way to attract clients, the commission said in its policy paper, which also pointed out that "unequal treatment" is still a daily challenge for women at work.

"This treatment is often visible in bars, restaurants and other services that require women to dress in high heels, tight dresses, low-cut tops and short skirts," it said. "These dress codes persist across the restaurant industry, despite human rights decisions that have found them to be discriminatory. They may make employees more vulnerable to sexual harassment, contribute to discriminatory work environments and exclude people based on sex, gender identity ... or creed."

The commission also said sex-based dress codes undermine women's dignity, and may make them more vulnerable to sexual harassment from other staff, customers and management.

THE CANADIAN PRESS

SOCCER NATIONAL TEAM TO PLAY IN CITY
Ottawa will finally see Canada's national team play on city turf. As part of the leadup to the 2016 Rio Olympic Games, Canada's women will play two matches against host country Brazil — one in Toronto and the other in Ottawa. The National Capital hosts the game at TD Place on June 7 at 7 p.m. Canada's captain, Christine Sinclair, and defender Kadeisha Buchanan made the announcement via video at Ottawa City Hall on Tuesday, which was International Women's Day. Pictured are players from the Ottawa South United OPDL U14 team, Canada Soccer General Secretary Peter Montopoli (left), Canada's Minister of Sport and Persons with Disabilities, Carla Qualtrough, and Ottawa Mayor Jim Watson.
LUCY SCHOLEY/METRO

HYUNDAI
NEW THINKING. NEW POSSIBILITIES.
THE ALL-NEW 2017
ELANTRA
#SUPERSEARCH IS ON.
Our competition has stolen our SUPERSTRUCTURE™!
Follow the clues and help us find it for a chance to win a $20,000 reward or 1 of 4 secondary rewards of $2,500!*
To get involved, sign up at
HYUNDAISUPERSEARCH.com
MISSING
*Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.hyundaisupersearch.com between February 13th, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN$2,500.00 each, and one (1) Grand Prize of CDN$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 pm (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com. ™/®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

From left: Fernando Forero, editor of Room Full of Spoons, Greg Sestero, co-star of The Room, Rick Harper, Room Full of Spoons director, and Tommy Wiseau in Toronto in 2014. COURTESY ROCKHAVEN PICTURES

The elephant in The Room

ENTERTAINMENT

Doc answers big questions behind perhaps worst film ever

Joe Lofaro
Metro | Ottawa

For almost 13 years, nobody had really looked into the backstory about how The Room, considered the worst movie of all time, become a worldwide cult classic.

Now, a team of intrepid Ottawa-area filmmakers have filled that void with their new documentary, Room Full of Spoons.

After first seeing the film in 2010 and after Entertainment Weekly described it as "the Citizen Kane of bad movies," director Rick Harper wanted to document the phenomenon since interest in it, unpredictably, increased over the years.

Ottawa's oldest movie theatre, The Mayfair, still screens the film, which is a spectacle in itself. Following a ritual that started several years ago in the U.S., moviegoers openly mock the movie, and every time there is a spoon on screen, they yell "spoons" and hurl their own plastic spoons at the screen.

"It's not even a movie; it's an event," said Harper in an interview Tuesday.

"It immediately blew me away. Everything I was seeing on screen, it was just mesmerizing. Part of you has to wonder if it was done on purpose.

"The acting is horrible, all the characters … speak the same; they all have the same idiosyncrasies."

> (Tommy Wiseau) is a very secretive person and for years he has tried to avoid telling people where he's from. Rick Harper

Not to be confused with the 2015 Oscar-nominated film Room, The Room stars Tommy Wiseau as Johnny, a San Francisco banker who is betrayed by his best friend who has an affair with his fiancée.

The documentary took Harper and his team across the U.S. and Europe to interview fans, the film's crew and even its mysterious director.

Much to the chagrin of Wiseau, Harper said, his documentary answers some burning questions fans have had ever since the movie was released: Where does Wiseau come from and where did he get the $6 million to finance the infamous film?

"He's a very secretive person and for years he has tried to avoid telling people where he's from. He had a really, really thick European accent but claims he's from New Orleans," said Harper.

"We actually go to Eastern Europe where he's from and meet with his family members. That was a big revelation in the documentary."

After its world premiere at Madrid's Cine Cutre film festival in January, the documentary will have its Ottawa premiere on March 23.

The opportune release comes with the anticipated Hollywood production of The Disaster Artist, a James Franco-directed film about the making of The Room, starring Seth Rogen and Bryan Cranston.

Making the documentary, Harper admitted, did ruffle some feathers with Wiseau, whom he befriended after meeting him at the Mayfair.

"There is unfortunately some delusions of grandeur there because he feels that everything was done on purpose and that he's worthy of all the success that he's getting. And while the movie isn't a two-hour mockery of Tommy Wiseau or of The Room, it is very informative and heartfelt in certain moments as well," said Harper.

"He feels that he deserves more credit and that some of the things that people say about him are unjustified. Of course he wasn't too happy with the fact that I uncovered where he's from."

The Ottawa screening will be at 7 p.m. on March 23 at Silver City. Visit roomfullofspoons.com for more information.

ALSO WATCH

Rick Harper's top 5 "so bad they're good" movies

1. Troll 2
2. Samurai Cop
3. Birdemic
4. Maximum Overdrive
5. Killers

OPEN DOORS TO NEW OPPORTUNITIES
In the global village that is our world today, learning another language opens doors to new opportunities.
Together with our certified, dedicated instructors, innovative courses and up-to-date facilities, we can help you achieve your language learning goals, putting you on the path to success.
ALGONQUIN COLLEGE | Language Institute
You can learn more about our programs by visiting ALGONQUINCOLLEGE.COM/LANGUAGE

O-Town not square after all

WINGD

Blogging team producing city travel guide for millennials

Haley Ritchie
Metro | Ottawa

A team of bloggers, writers and photographers are launching a project to rebrand the city. Clockwise from bottom left, Rachelle Belanger, Boris NZ, Shuyi Yang, Soumi Ghosh, Sarah Khalid, Zainab Muse, Navita Patel, Michael Tang, Samantha Lehman, Gloria C-P and Claire Leunissen. CONTRIBUTED

Zainab Muse and Dave Ebere are two Ottawa locals with a new plan to rebrand "the city that fun forgot." The duo is creating a millennial-focused travel guide filled with high-quality photos and stories of creative and passionate Ottawans.

Both attended high school in Toronto but came to the capital city to attend the University of Ottawa for health sciences. They fell in love with Ottawa, but still have trouble explaining it to friends from bigger cities.

"We're always thinking, What can we give to people to let them know Ottawa is not boring?" said Muse. "If you're in a room and someone says 'I love this city,' it's usually a local. We're giving people an inside perspective of the real Ottawa."

"I didn't know much about Ottawa when I first came to Canada," added Ebere, who is originally from England and said he enjoyed learning some French to help navigate the bilingual city.

"It's quite surprising that such an amazing city isn't well recognized. That's what our project is about," he said.

The first part of the book will be a travel guide, sorting recommendations based on the interests of visitors. Categories include adventure, nature, intellectual, youth, nightlife, community and culture.

"Let's say you're new to a place — you probably want to experience it in a different way than I would," said Muse. "So we're giving people different itineraries."

The second part of the book will be an essay anthology full of stories that will feel like magazine features, featuring people in Ottawa of all ages.

"We want to attach human faces to the first part. We want to associate people with all the places we recommend you go," said Muse.

Muse and Ebere aren't working alone — a team of 10 photographers and 15 writers are helping to bring the project to life.

"We're all real Ottawa enthusiasts. When we're all in the same room talking about how much we love this city — it's a bit overwhelming," she said.

Sparked in part by their success in engaging the Ottawa Instagram community, the book is also focused on photographing the city's underrated landscapes and architecture.

"Think of a visual experience in print. That's what the book is about," said Muse. "We want to make this into something that will serve as a journey through Ottawa. Visuals are powerful."

Muse and Ebere are new to book publishing, but in 2013 they co-founded an online publishing platform called Wingd that operates out of Ottawa.

They first met at the University of Ottawa and were looking for something different from their science-based classes. They created Wingd to publish local content as well as essays on art and global affairs.

Since the project started Wingd has won a Canadian Online Publishing Award and has a volunteer writing roster of 20 members, most of them from Ottawa. The book is a way to celebrate the success of the blog and showcase the city.

Wingd is partnering with a local Ottawa publishing company called Baico Publishing Inc., which has agreed to help the project with a reduced cost.

The team is hoping to get publishing underway this summer. To cover the remaining cost of producing and publishing the book, the group is fundraising money to create the book at their website, wingd.ca/book-ottawa.

FOUNDERS' PICKS

Hot spots

If you had to pick just five, what are your personal favourite things to see, do and eat in Ottawa?

Both founders of Wingd said they wanted to list hundreds of Ottawa attractions, not just five, but here's their list of essential things to do in the capital.

ZAINAB'S RESPONSE

1. Watch a film at the Mayfair Theatre
2. Picnic on the hill overlooking the TD Place Stadium on Lansdowne Park
3. Eat, eat, eat — Ottawa has so many wonderful restaurants (Green Papaya, Crust&Crate, Fiazza Pizza, Mandarin, Oh So Good, Pure Kitchen)
4. Buy dairy-free desserts from Thimblecakes — I have a dairy-free diet, so this is nirvana for people on dairy-free diets with a sweet tooth
5. Watch the sunset from the Rideau Falls

DAVID'S RESPONSE

1. Museum of Nature
2. Visit the Rideau Canal both during the summer and winter
3. Bluesfest
4. Light show at Parliament
5. Tour Ottawa's universities

FORMATION DE BASE DE L'ONTARIO (FBO)
UN RETOUR AUX ÉTUDES, C'EST POSSIBLE !
« Grâce à la FBO, j'ai enfin pu obtenir mon diplôme collégial. »
Abir
fbo@lacitec.on.ca
613 742-2483, poste 2800
www.collegelacite.ca/fbo
EMPLOI ONTARIO
LA CITÉ
25 ANS D'EXCELLENCE

Grief 'can go on forever'

LEGISLATION

Bill seeks to give parents a year to mourn loss of a child

Bereaved parents in Ontario are not legally entitled to more than 10 days off work — unless their child's death is a criminal act — but that may change if a private member's bill passes.

Jonathan's Law, named for Vince and Espy Leitao's 16-year-old son who died of cancer, would allow parents who have lost a child to have up to 52 weeks of leave from work.

"It's a very, very painful process, and grief is not limited," Vince Leitao said Tuesday. "There's no time limit to it. We know when it starts but we don't know when it ends. It can go on forever."

Not every bereaved parent will need 52 weeks, but it should be available, he said.

Under the Employment Standards Act, parents are entitled to up to 37 weeks of unpaid leave from work to care for a critically ill child. But if that child dies, that leave ends at the end of the week, with an additional 10-day personal emergency leave being the remaining protection under the act.

However, if an employee's child dies as the result of a crime, they are entitled to an unpaid leave of absence of up to 104 weeks.

New Democrat MPP Peter Tabuns' private member's bill would allow grieving parents a leave of one year. It would be unpaid but would mean they don't have to worry about their job security while dealing with the death of a child, he said.

"Ten days is not actually adequate to deal with the impact of the loss and the death, and so this would allow those parents to have the length of time they need to deal with the grieving process," Tabuns said.

Labour Minister Kevin Flynn said he would support the bill.

"In the past, governments of all levels have really relied on the goodwill of employers themselves," he said.

"You've seen leaves introduced at the provincial level that cover off a lot of those things that accompany a normal life, and I think we're just starting to come to the realization as a government that those are daily events in the lives of people in this province of Ontario, and our employment legislation should reflect the reality of that."

NDP MPP Peter Tabuns' private member's bill would allow grieving parents an unpaid leave of one year. TARA WALTON/TORSTAR NEWS SERVICE

Meighan Ferris-Miles, whose three-year-old son died from a streptococcus bacteria about a year ago, returned to work on a gradual basis two months after her son's death, spending about eight months working her way back up to full capacity.

As an employment lawyer for a major corporation, Ferris-Miles was well aware of the law and was fortunate to have an employer who gave her all the time she needed, she said. But the gap in the law must be closed, she said.

"It's much better from the employer's perspective, I think, to give you the time to be able to heal so that you can come back and function at a higher level," Ferris-Miles said.

THE CANADIAN PRESS

POLICE

Ticket probe expands

Ottawa police say nine more officers are being investigated in a probe into allegations that traffic police issued unsubstantiated warning tickets.

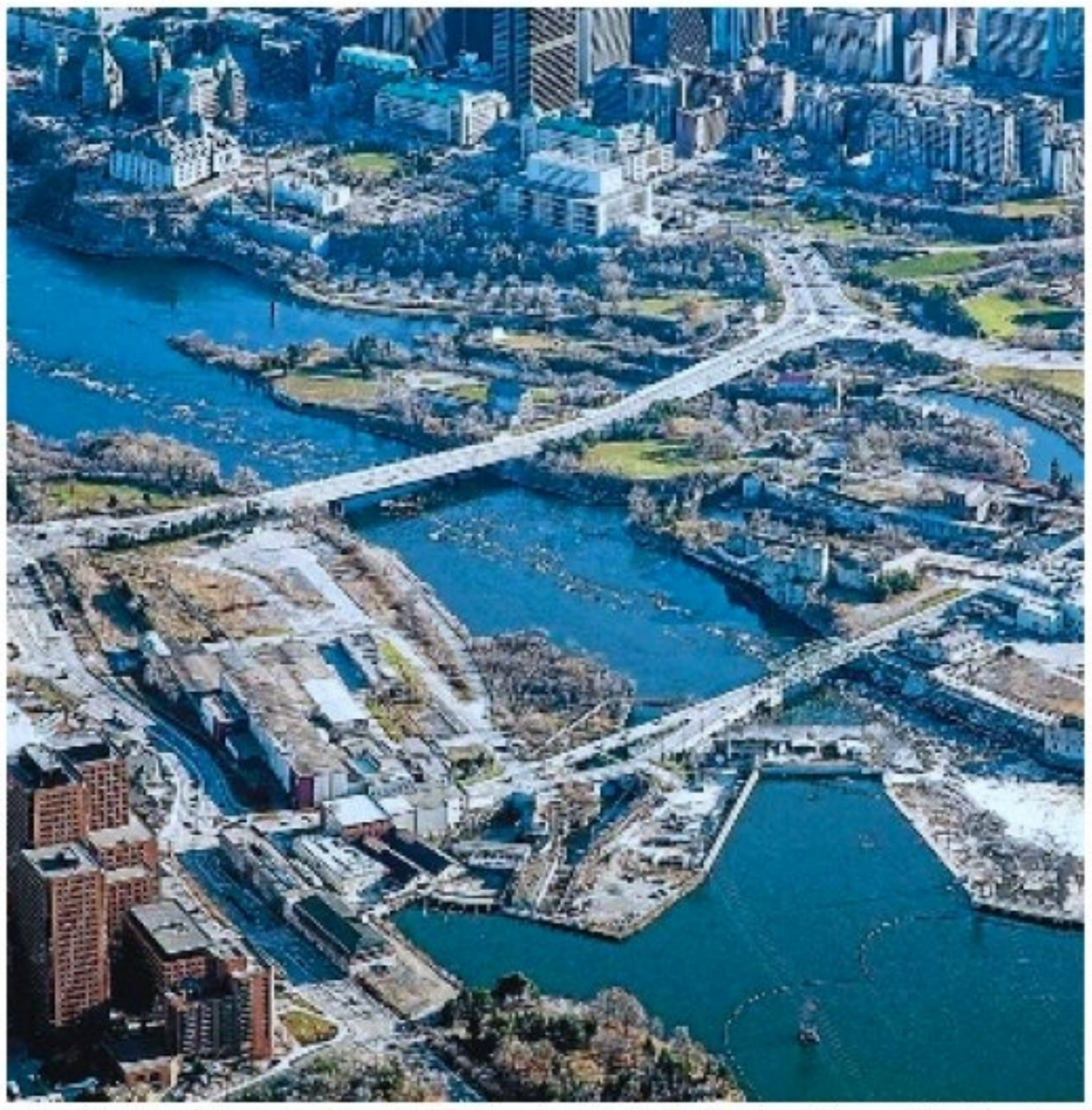
The investigation has already seen two officers suspended. Warning tickets allow traffic enforcement officers to reinforce safety messages and record the activity of drivers who have violated the rules of the road.

Police say the allegation was officers were entering warnings into the Records Management System without evidence or the knowledge of the driver.

The Ottawa police professional standards section began investigating last November and did an audit of warning tickets that had been issued.

Ottawa Police Chief Charles Bordeleau says the audit found evidence to warrant further investigation. Bordeleau says nine officers have been placed on administrative duties while the investigation continues.

THE CANADIAN PRESS



An aerial view of the area where the Zibi development will take place. The residential and commercial development would be built on 37 acres of prime land. BUILD GREEN SOLUTIONS

Zibi faces another challenge in court

DEVELOPMENT

Indigenous architect asks for appeal of OMB decision

Haley Ritchie
Metro | Ottawa

Windmill's waterfront Zibi development faces another legal challenge Wednesday, as indigenous architect Douglas Cardinal and four others ask the courts to reconsider their objections to the project.

A group led by Cardinal and lawyer Michael Swinwood has challenged the massive waterfront project slated for the downtown Chaudière and Albert islands on the grounds that the land is sacred to the Algonquin people.

In November the Ontario Municipal Board (OMB) dismissed the challenge, saying Windmill had practised due diligence in consulting with local Algonquin groups.

Swinwood is now asking the courts to appeal that decision.

Swinwood said OMB chairman Richard Makuch should have excused himself from the case because of a conflict of interest. He is also arguing that Makuch unfairly dismissed the group's constitutional challenge that the development infringes on their freedom of religion and conscience.

"All of the evidence being put forward, particularly by Douglas Cardinal as an elder, is that the islands and the Chaudiere Falls is sacred," said Swinwood. "That needs to be taken into account of the planning for development."

Wednesday's case is a motion to appeal, meaning it would not automatically grant a new OMB hearing, but would give permission for a new hearing to be considered.

Swinwood said the group is currently discussing other possible legal avenues if the OMB refuses to hear the case again.

> **We expect the appeal to be dismissed.**
> Windmill's Rodney Hilts

Windmill partner Rodney Wilts said the developer has had to wait for the appeal process to go forward, and is looking forward to starting construction.

"We expect the appeal to be dismissed," he said. "By all accounts planning for this project was sound and in alignment with all laws and regulations and official plans. We have consistently been winning all these challenges."

Wilts said the legal challenges haven't dissuaded buyers.

"The public has been overwhelmingly enthusiastic and I think they've recognized all the things we've done in terms of pushing the bar on sustainability, depth of public consultation, 22 per cent parks and open space," he said.

COMMUNITY MEETING

Beechwood bike lanes on tap

Emma Jackson
Metro | Ottawa

Make way for bikes on Beechwood Avenue. Councillors Tobi Nussbaum and Mathieu Fleury will host a community meeting tonight to consider painting quasi-temporary bike lanes on Beechwood until proper cycle tracks can be built.

The "transition plan" in the works for later this year would remove some car lanes and get rid of some on-street parking.

Staff would then have enough room to paint a bike lane in each direction.

"(The street's) not undergoing any major infrastructure renewal, so we're stuck with the infrastructure we have now," Nussbaum said.

But the city is hoping to capitalize on the street's ongoing rejuvenation to eventually create safer cycle tracks and a more complete east-west bike route along the stretch.

As properties are redeveloped, the city would reclaim more of its right-of-way to make room for cycle tracks, wider sidewalks and landscaping.

Developers might even help pay for it, Nussbaum said.

The city didn't take full advantage of the right-of-way rules when Minto applied to build its Beechwood condo development at the corner of MacKay, so that area of the street will remain tight.

"You don't have to wait," Nussbaum said. "A bike lane can transition into a cycle track for a couple of blocks."

The plans will be up for discussion at 400 MacKay St. from 4 to 8 p.m.

YMCA-YWCA of the National Capital Region
YMCA-YWCA de la région de la capitale nationale

To learn more, visit our **Newcomer Information Centre.**

Pour en savoir davantage, visitez notre **Infocentre du nouvel arrivant.**

Taggart Family Y, 4th Floor
180 Argyle Ave

Y de la famille Taggart,
4e étage | 180 ave Argyle

613-788-5001
nic@ymcaywca.ca

ymcaywca.ca

Funded by: Immigration, Refugees and Citizenship Canada
Financé par : Immigration, Réfugiés et Citoyenneté Canada

Paralegal Training

LSUC ACCREDITED

You can study
full-time in the day or
part-time in the evening

ALGONQUIN CAREERS ACADEMY

1830 Bank Street • 613-722-7811 • algonquinacademy.com

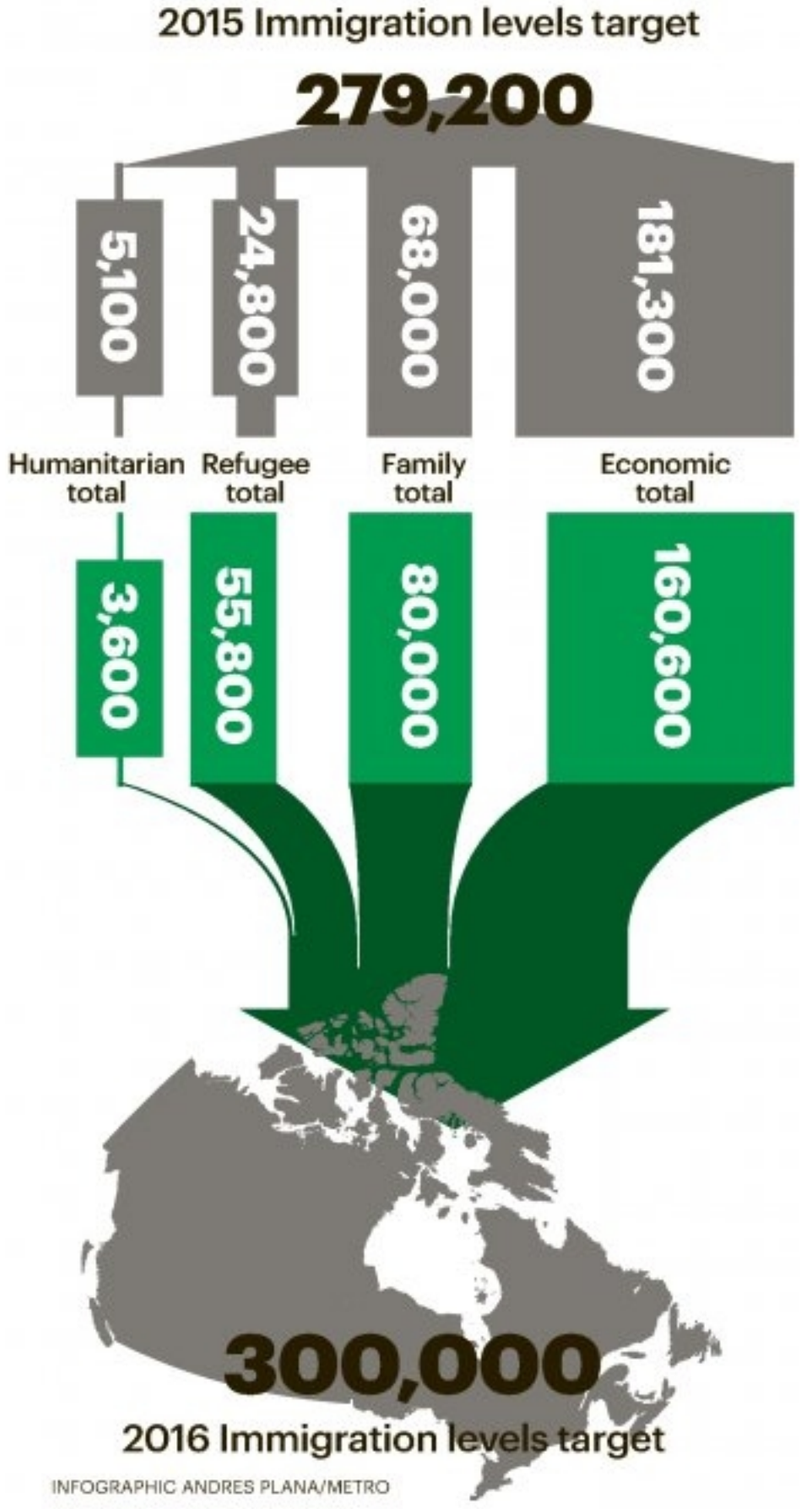
COMPREHENSIVE PROGRAM TAUGHT BY LAWYERS

IMMIGRATION PLAN

Canada's new target

Canadian immigrants looking to be reunited with their families are in luck. Family reunification and refugees will see more of a focus in the Liberal's first plan for bringing newcomers to the country. Here's how things will change.

METRO



INFOGRAPHIC ANDRES PLANA/METRO

IN BRIEF

High levels of lead found in water at B.C. legislature

The water in an office in the British Columbia legislature contains more than five times the safe limit of lead, one MLA says.

Water from the office of Delta South MLA Vicki Huntington was tested and found to have contained 55.4 micrograms per litre of lead, which is approximately five and a half times more than the maximum allowable concentration.

"My concern is for the health of the employees in the (legislature) and all other public buildings," said Huntington, after going public with the privately commissioned test results Tuesday. "This is a public health concern, for sure." Water samples also tested for slightly elevated levels of copper.

MATT KIELTYKA/METRO

WASHINGTON VISIT

Trudeau developing 'bond' with Obama

The White House says a special relationship is developing with Canada's new prime minister — a bond that will be reinforced this week with a series of bilateral agreements, champagne toasts and a rare black-tie dinner.

Justin Trudeau arrives Wednesday for a three-day visit to the U.S. capital — a place where he's unusually well-known for a Canadian politician — with the first prime ministerial state dinner in 19 years as its centrepiece.

An administration official described a unique alignment of priorities between President Barack Obama and the prime minister, who will be hosted by the White House, the State Department, American University and a gathering of think-tanks.

"I think there is a developing special relationship between this president and prime minister," Mark Feierstein said.

"They're both young leaders with similar visions, both have a progressive vision, both very much committed to appropriate use of multilateral tools, both committed to diversity.

"I think there's a coincidence in terms of the agendas that both administrations have. I think we're seeing that reflected for example on the issues of climate change and refugees."

The prime minister arrives in Washington riding a wave of glam-mag coverage and glowing profiles. THE CANADIAN PRESS

Trudeau and Obama agree on many key issues.

SEAN KILPATRICK/THE CANADIAN PRESS

Clean sweep in Mississippi

PRESIDENTIAL RACE

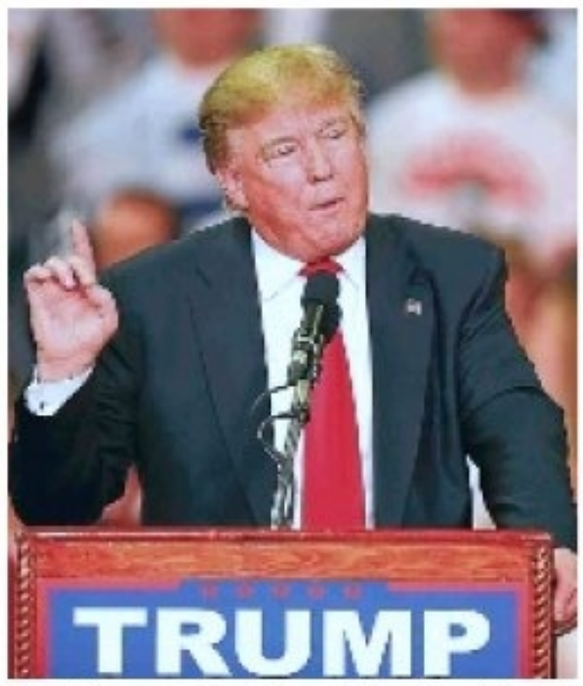
Clinton, Trump maintain leads in southern state primaries

Democrat Hillary Clinton and Republican Donald Trump swept to victory Tuesday in Mississippi's presidential primaries, continuing their dominance in the southern states.

Clinton and Trump hoped Tuesday's contests would pad their delegate leads and move them closer toward a general election faceoff. Democrat Bernie Sanders sought to slow Clinton in Michigan, the night's biggest prize, while a trio of Republican candidates desperately tried to block Trump's path to the nomination.

Trump has faced a barrage of criticism from rival candidates and outside groups who fear he would deeply damage Republicans' chances of winning in November. His recent losses to Texas Sen. Ted Cruz have raised questions about his durability and given fresh hope to other competitors.

Democratic presidential candidate Hillary Clinton speaks during a rally in Detroit, Mich., on Monday. CHARLIE NEIBERGALL/THE ASSOCIATED PRESS



Republican presidential candidate Donald Trump campaigns in Madison, Miss., on Monday. BRYNN ANDERSON/THE ASSOCIATED PRESS

Ohio Gov. John Kasich campaigned furiously in Michigan in recent days. He's yet to win a primary but hoped a good showing in Michigan would give him a boost heading into next week's crucial contest in his home state.

Speaking to a crowd in Lansing, Kasich said a strong showing in Michigan would show the country "that it's a new day in this presidential campaign."

To that end, Kasich and Florida Sen. Marco Rubio were using recorded phone calls from Mitt Romney to appeal to voters as they headed to the polls. Romney, the 2012 Republican standard-bearer, has not endorsed a candidate but has vowed to help challengers to Trump, whom he says would be dangerous for the country.

Republicans were also holding contests Tuesday in Hawaii and Idaho. Republican candidates were fighting for 150 delegates, while 179 Democratic delegates were at stake in the party's two primaries. The delegates will select each party's presidential nominee at national conventions in July.

The economy ranked high on the list of concerns for voters heading to the polls in Michigan and Mississippi.

At least eight in 10 voters in each party's primary said they were worried about where the American economy is heading, according to early exit polls conducted for The Associated Press and television networks.

Among Democrats, eight in 10 voters in both states said the country's economic system benefits the wealthy, not all Americans.

Sanders has sought to tap into that concern, energizing young people and white working-class voters with his calls for breaking up Wall Street banks and making tuition free at public colleges and universities.

THE ASSOCIATED PRESS

IN BRIEF

Escaped tiger causes uproar on Qatar motorway

Talk about a hair-raising commute. Drivers in the energy-rich Mideast nation of Qatar got a surprise Monday when an escaped tiger was seen prowling among cars on a major motorway.

Police said they were looking into footage circulating on social media showing the tiger making its way between vehicles in the capital, Doha.

THE ASSOCIATED PRESS

Charitable Norwegian donates hidden cash

A Norwegian real estate broker is being praised after he found almost $40,000 hidden underneath the fireplace of his new apartment and donated all of it to a charity called Kreftforeningen.

Vemund Thorkildsen told The Associated Press on Tuesday that he made the discovery two weeks ago. "At first we started to celebrate like if we had won the lottery," said Thorkildsen, 27. "But then I thought, 'This not my money.'" THE ASSOCIATED PRESS

$20 STUDENT TICKETS

GREATFUL TOUR 2016

CLASSIFIED

WITH SPECIAL GUEST SonReal

FRIDAY, MARCH 11

ALGONQUIN COMMONS THEATRE

1385 WOODROFFE AVENUE - BUILDING E

TICKETS AVAILABLE AT ALGONQUINSA.TICKETFLY.COM OR AT THE ALGONQUIN COMMONS THEATRE BOX OFFICE.

All dates, acts and ticket prices subject to change without notice. Ticket prices subject to applicable fees.

TICKETFLY Algonquin Students' Association | Algonquin Commons Theatre

REFUGEE CRISIS

Greece shuts border to migrants

Despair and confusion spread through the camp at the Greek-Macedonian border Tuesday as thousands of stranded refugees were forced to acknowledge that the route through Europe that had carried their hopes and dreams was now shut.

The dozens of people crammed together at the front of the line to the border crossing looked at the closed gate and razor wire in disbelief. One young Syrian muttered he had been in the tent at the crossing for five days without sleeping. It was his 15th day at the Idomeni refugee camp.

One woman broke down, crying and screaming as she held her baby in her arms while a man tried to calm and comfort her. Refugees asked reporters what had happened in Brussels, and asked what they could or should do next.

European Union leaders who held a summit with Turkey said early Tuesday they hoped they had reached the outlines for a possible deal with Ankara to return thousands of migrants to Turkey, and said they were confident a full agreement could be reached at a summit next week.

They also said the "irregular flows of migrants along the Western Balkans route have now come to an end."

Nobody has crossed through the Idomeni border gate since early Monday morning. The nail in the coffin for the main Balkan migration route came late Tuesday evening, when Serbia's Interior Ministry said Slovenia will demand valid EU visas at its borders as of midnight Tuesday. That means Serbia will act accordingly and close its borders with Macedonia and Bulgaria for those who do not have valid documents.

Nearly 14,000 people, who all risked their lives to get to Greece, have waited for days and weeks in the cold, rain and mud at the overflowing refugee camp in Idomeni, ripping branches off trees to use as firewood.

About 100 people boarded two buses, one Tuesday morning and one in the evening, bound south for Athens and whichever refugee camp might have room for them. Greek authorities have said they will not forcibly evacuate people from Idomeni.

Some said they still had hope.

"I will just wait," said Aslan al Katib, a 21-year-old Syrian format engineering student from Damascus who hopes to reach Germany. "We want to continue our journey."

THE ASSOCIATED PRESS

A Syrian woman holds a baby, sitting in a tent at the transit centre for refugees. BORIS GRDANOSKI/THE ASSOCIATED PRESS

14K

Approximate number of people who have waited for days and weeks at the refugee camp in Idomeni. THE ASSOCIATED PRESS

Amazing network.
Amazing devices.
Amazing prices.

There's never been a better time to get on Canada's fastest mobile network, as ranked by PCMag[1]. Choose from an incredible lineup of Android devices at amazing prices.

Now until March 23rd.

Sony Xperia® Z5 Premium

$79.99[2]

(After $100 bill credit)
2-yr. Plus plan with select data add-ons
$749.99 No term
SIM card charge ($9.95) may apply.

Nexus 6P

$0[2]

(After $100 bill credit)
2-yr. Plus plan with select data add-ons
$699.99 No term
SIM card charge ($9.95) may apply.

Samsung Galaxy S6

$0[2]

(After $100 bill credit)
2-yr. Plus plan with select data add-ons
$729.99 No term
SIM card charge ($9.95) may apply.

LG G4

$0[3]

2-yr. Plus plan with data
$699.99 No term
SIM card charge ($9.95) may apply.

Bell being with Bell just got better

Get expert advice today at the following locations:

NEPEAN
1541 Merivale Rd.
613 723-4400

NEPEAN
Bayshore Shopping Centre
613 820-4077

ORLEANS
Place D'Orleans
613 830-4728

OTTAWA
247 Bank St.
613 594-0008

OTTAWA
Billings Bridge Plaza
613 733-8992

OTTAWA
Carlingwood Shopping Centre
613 798-9875

OTTAWA
Rideau Centre
613 563-3808

OTTAWA
St-Laurent Shopping Centre
613 741-8029
613 744-5168

Offers end March 23, 2016. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. One-time connection charge ($15) applies. 9-1-1 government monthly fee in NL: $0.75, NS: $0.43, PE: $0.70, NB: $0.53, AB: $0.44., SK: $0.62., QC: $0.40. Taxes extra. Other conditions apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice. (1) Reprinted from www.pcmag.com with permission. © 2016 Ziff Davis, LLC. All Rights Reserved. (2) With new activation (or hardware upgrade with an account in good standing) and a Plus plan with a min. 2.5 GB data plan. In AB, BC, NB, NL, NT, NS, NU, ON, PE, YT: PLUS device price available with $95/mo. spend before tax ($60/mo. plan + $35/mo. for 2.5 GB data). In SK: $80/mo. spend before tax ($55/mo. plan + $25/mo. for 4 GB data). In MB: $65/mo. spend before tax ($45/mo. plan + $20/mo. for 6 GB data). In QC: $75/mo. spend before tax ($55/mo. plan + $20/mo. for 4 GB data). Promotional pricing may apply; visit bell.ca/rateplans for details. You must keep a min. 2.5 GB data plan otherwise the $100 bill credit will not be applied. Your account must be in good standing in order to receive the bill credit. $100 credit will be applied on the customer's second or third invoice, before taxes. Cannot be combined with any other offer. (3) With new activations or upgrades on the following plans: In AB, BC, NB, NL, NT, NS, NU, ON, PE, YT: PLUS device price available with $80/mo. spend before tax ($60/mo. plan + $20/mo. for 500 MB data). In SK: $65/mo. spend before tax ($55/mo. plan + $10/mo. for 1 GB data). In MB: $55/mo. spend before tax ($45/mo. plan + $10/mo. for 2 GB data). In QC: $75/mo. spend before tax ($55/mo. plan + $20/mo. for 4 GB data). Promotional pricing may apply; visit bell.ca/rateplans for details. Samsung Galaxy S6 is a trademark of Samsung Electronics Co., Ltd., used in Canada under license. Sony is a trademark of Sony Corporation. Xperia is a registered trademark of Sony Mobile Communications AB. © 2016 LG Electronics Canada, Inc. All rights reserved. "LG" and the "LG logos" are registered trademarks of LG Corp. and its affiliates. Huawei is a trademark of Huawei Technologies Co., Ltd. Android, Nexus, Google, Google Play and other marks are trademarks of Google Inc.

Emojis getting some respect

After years of being dismissed as a quirky smartphone feature used mostly by teenagers, the famous international registry of smiley faces, animals and other objects has reached a higher level of status.
ISTOCK

COMMUNICATION

High point when an emoji was picked as word of year

If emojis could express their meteoric rise into the lexicon of virtual language, it might start with a surprised face, followed by thumbs up, and a trophy. After years of ridicule in popular culture, the famous international registry of smiley faces, animals and numerous other objects is finally getting some respect.

"In many ways, communicating informally with each other on the Internet, with just words, is like trying to talk in a monotone with your hands behind your back," says Gretchen McCulloch, a Montreal-based linguist who has studied the rise of emojis and how people use them to enhance communication.

Created in the late 1990s by Japanese mobile phone carriers as a marketing hook, emojis never really landed on the radar of North Americans until Apple's iPhone and Android smartphones incorporated the cartoon characters in 2010.

Last year marked a clear zeitgeist moment. The prestigious Oxford Dictionaries chose the "face with tears of joy" emoji as word of the year, leading to an uproar in linguistic circles.

It was an undeniable sign that emojis had reached a higher level of status after years of being widely dismissed as a quirky smartphone feature used mostly by teenagers.

Celebrities and brands have hopped on the emoji bandwagon, including Kim Kardashian — who launched her own "Kimoji" app with cartoon renderings of herself — and Tim Hortons which released its own batch of "Eh-mojis" .

Emojis have also posed a major challenge under the law. A New York grand jury was recently asked to decide whether the combination of an emoji police officer and an emoji gun was considered a threat to police.

THE CANADIAN PRESS

IN BRIEF

Biofuels face headwinds
Low oil prices, end of a biofuels incentive program, competition from U.S. imports, lack of infrastructure, and stricter fuel efficiency regulations are expected to lead to a 38 per cent plunge in Canada's biofuels production, predicts the International Energy Agency. THE CANADIAN PRESS

Danier sell-off begins
Store closing sales start Tuesday at the remaining Danier Leather stores and outlets in Canada.
THE CANADIAN PRESS

market minute

DOLLAR 74.54¢ (–0.78¢)
TSX 13,311.05 (–72.55)
OIL $36.50 US (–$1.40)
GOLD $1,262.90 US (–$1.10)

NATURAL GAS: $1.712 US (+2.2¢)
DOW JONES: 16,964.10 (–109.85)

LAST DAY TO BID!
GIVE A LITTLE BID.
GET A WHOLE LOT.
gift card
MARCH 2-9
Bid now.
Save the dollars.
metro auctions.ca
Introducing metroauctions.ca, where great savings happen. Gift cards. Travel deals. Yoga. Golf. Everything...
YOU PICK. YOU CLICK. YOU SAVE.

metro VIEWS
Your essential daily news
Wednesday, March 9, 2016

DARN GOOD NEWS
People who swear a lot tend to be seen as more persuasive and easier to relate to.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I took credit for someone else's donation to my boss's charity run — but she was pressuring all of us to give. She does it every year. Was I wrong?

Dear Ellen,

Every year, when the time comes for her charity run, my manager starts dropping hints and directs us to the website with her donor page. I give lots to charity, and feel we shouldn't be asked to support her causes. Anyway, this year, she and I had a one-on-one meeting where she said, with a sigh, that she was way behind in her fundraising but that "of course, that's not your problem." There was an awkward pause, which I stupidly filled by saying I'd donate. I was mad at myself, but meant to do it — until an hour later when she sent me an email telling me how much she appreciated my donation. Apparently, as I stewed at my desk, someone else had donated anonymously. I was ticked off enough that I replied "No problem! Good luck!" Was I wrong?

Feeling extorted, Toronto

Dear F.E.,

Strictly speaking, I cannot condone your lying about having made a donation to your boss's charity. Nor do good manners permit taking credit for another's generosity.

But I can certainly understand your motivation.

Though it doesn't excuse your behaviour, the fact is your boss's behaviour is equally inexcusable. Her practice of "dropping hints" about her charity, while directing you to her website has all the subtlety of a brickbat aimed straight at your next performance review. It's OK to ask friends, relatives and strangers for support, but it's not OK in the context of a power relationship like the one she has with you; i.e., when people don't feel free to say no.

It's okay to ask friends, relatives or strangers for support, but not in a context when people don't feel free to say no.

By the way, it's commendable that you already "give lots to charity," but it's irrelevant as to whether you should give to hers. We all have our own pet causes, and how we choose to spend our disposable income is nobody else's business.

Of course, it's not always cut and dried. Theoretically, I stick to my own chosen charities and feel justified in waving off solicitors for other organizations. But I also set aside a certain amount for causes I don't much care about, because I like or care about the people who are begging on their behalf. (As tax season looms, note that tax credits are available for registered charities, which never hurts.)

For Feeling Extorted and other oppressed workers at the mercy of exploitative managers, however, the choices are limited.

You can smile through gritted teeth and donate, and try not to waste too much time wallowing in fuming resentment, which is very bad for your health.

You can ignore the boss's "hints" and not donate, then try not to waste too much time worrying about whether she'll hold it against you, which would be very bad for your career.

Or, if you refuse to brook a double-bind, you can heed the advice of Frank Underwood from House of Cards: "If you don't like how the table is set, flip over the table." In other words, sign up for your own charity run, so that you can tell your boss — truthfully — that you'd love to donate to her run, and that you sincerely hope she'll donate to yours!

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD
metroview

We can't make Americans love us

Always the wooer, never the wooed. Canada, I mean, when it comes to the U.S.

All week, Canadian media, swooning over Prime Minister Justin Trudeau's rare (steak?) state dinner at the White House on Thursday, have noted what a "high honour" it is, how it shows that "Canada matters" and promises to be an "evening of awe."

U.S. President Barack Obama sees himself in Trudeau, we're told. Plus: The Washington Post even called Trudeau the "anti-Trump" (!) — a moniker Trudeau later ironically embodied when he refused to dump on Trump in an interview.

We're loving the new attention — the Vogue profile, Sunday night's 60 Minutes interview, which Americans read as advertisement to emigrate here, not that they needed one after Googling en masse "how to move to Canada" on Super Tuesday. The U.S. coverage, though concerned with Trudeau's esthetic, is far meatier than the usual Five cool people you didn't know were Canadian and this street in this Canadian city is so hip.

But coming from a nation that still assumes we're all lumberjacks, it's not really that flattering, is it? The Google-search story was roundly treated as a joke: Move to Canada!? Things really are bad! We're not an aspiration so much as a latch-ditch escape hatch. They're drawn to the absence of America, not to Canada, which they generally view as a backwoods.

That's why Trudeau said on 60 minutes that Canadians "like to think that, you know, Americans will pay attention to us from time to time, too."

What lofty goals, Mr. Trudeau. Americans do like him for his story: He is handsome and forthright and rose to power by being a good guy, a classic trope of American culture rarely seen in real life. But I doubt the interest will plunge much past his shiny surface.

To be clear: Neither Trudeau nor I are anti-American. Hell, he told the Huffington Post that the U.S. is "the greatest democracy in the world."

I can like America and Americans (which I do, greatly), and even love some of them without assuming, much less requiring, their reverse-interest in the True North.

Besides, while the state dinner will be good for Trudeau, and even a little good for us, the important relationship is no longer with Obama, it's with his successor. And if that (shudder) is Donald Trump, we know who'll pick the fight.

metro Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone: 613-236-5058

UNIVERSITÉ SAINT-PAUL UNIVERSITY
This is the face of change.
ARE YOU INTERESTED IN A MASTER'S IN
PUBLIC ETHICS
APPLY NOW!
FOR FALL 2016
Explore fascinating subjects such as:
• International Development
• Ethics, Privacy and Information
• Environmental Ethics
• Ethics and Multiculturalism
ustpaul.ca
223 Main Street, Ottawa ON
613-236-1393 | 1-800-637-6859
Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

metro LIFE

Your essential daily news

The Girl With the Lower Back Tattoo: Amy Schumer announces book title, due out Aug. 16

Step-by-step spicy tuna rolls

RECIPE

Throw out the takeout menu and make your own at home

The California roll may have been the first inside-out roll, but the spicy tuna roll is quickly becoming the most popular. The combination of tuna and mayonnaise is a classic in Western culture.

Spicy Tuna Roll

Makes 1 roll (6 pieces)

Ingredients

- 1/2 sheet nori (7 by 4 inches/17.5 by 10 cm) 1/2
- 1/3 cup Sushi Rice 75 ml
- Toasted sesame seeds (preferably a mix of black and white)
- 1 tsp Spicy Mayo (see recipe on right) 5 ml
- 11/2 tsp thinly sliced green onion, white 7 ml and green parts
- 2 strips tuna, cut into pieces each 2 about 3 1/4 by 1/2 by 1/2 inch (8 x 1 x 1 cm; about 2 oz/60 g)
- Pickled ginger
- Wasabi paste
- Soy sauce

Equipment

- Wet towel
- Nonstick gloves, optional
- Small bowl with ice water
- Bamboo rolling mat (makisu), covered in plastic wrap
- Yanagiba, slicing knife or chef's knife

Directions

1. Place nori on board, shiny side down, with the longer side facing you.
2. Lightly wet your hands in the ice water, shaking or clapping off any excess.
3. Leaving a 1/2-inch (1 cm) border at the top of the nori, place rice on sheet, right of center.
4. Using your fingers and pressing down and toward the right, spread rice to about 1 inch (2.5 cm) wide. Repeat Step 2.
5. Using the tips of your fingers, continue to spread rice evenly over nori so remainder of nori is covered with rice, leaving 1/2 inch (0.5 cm) visible at the bottom.
6. Sprinkle sesame seeds evenly over surface of rice.
7. Using the back of a spoon, spread spicy mayonnaise across center of nori.
8. Flip nori over, rice side down, placing the uncovered edge toward you.
9. Sprinkle mayonnaise evenly with green onion.
10. Lay sliced tuna evenly over onion. Place your thumbs under the bottom of the nori (the edge closest to you).
11. With your hands cupped over the roll, gently squeeze on either side to begin to form the roll.
12. Using your fingers to hold the fillings in place and rolling away from you, roll nori over fillings.
13. Keeping pressure on the roll, continue to roll away from you until roll is sealed.
14. Using your middle and index fingers, gently tap on each end of the roll to ensure that ingredients have not slipped out and are flush with the nori.
15. Confirm roll seam side down (this will help ensure that the roll will not burst open when handled).
16. Place mat over roll.
17. With your thumbs on the side toward you, pinkies on the far side and other fingers cupped over the top, give the roll a light squeeze, forming a squared cylinder.
18. Remove mat and slice roll.
19. Arrange cut pieces upright on a serving plate. Garnish with wasabi, ginger and a small dipping bowl of soy sauce.

If you prefer, you can chop up the fish or cut into cubes and combine it with the spicy mayonnaise. CONTRIBUTED

SUBSTITUTION
Don't like tuna? You can sub salmon, yellowtail, scallops or white fish.

RECIPE

Spicy Mayo

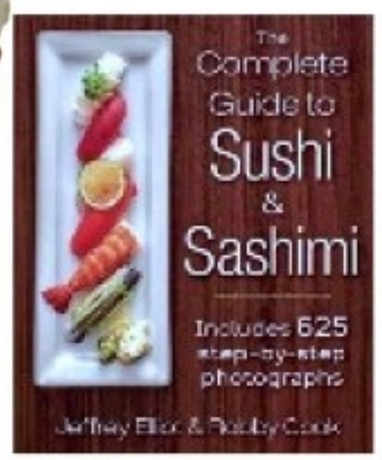
Makes 1 1/4 cups (300 ml)

Ingredients

- 1 cup mayonnaise 250 ml
- 3 Tbsp chile paste 45 ml
- 1 tsp Japanese toasted sesame oil 5 ml
- 1 tsp freshly squeezed lemon juice 5 ml
- Japanese chili flakes, such as ichimi or shichimi, optional

Directions

1. In a bowl, whisk together mayonnaise, chile paste, sesame oil and lemon juice, until combined. Add chili flakes to taste (if using). Use immediately or transfer to an airtight container and refrigerate for up to 1 month.



COURTESY OF THE COMPLETE GUIDE TO SUSHI & SASHIMI BY JEFFREY ELLIOT & ROBBY COOK © 2015 WWW.ROBERTROSE.CA. REPRINTED WITH PUBLISHER PERMISSION. AVAILABLE WHERE BOOKS ARE SOLD.

GOT ASTHMA?

If you have been diagnosed with Asthma, you may be eligible to participate in a 56-59 week-long research study that is testing a new way to treat asthma symptoms!

You may be eligible to participate if:
- you (or your child) are 12 years of age or older
- you have a documented history of asthma
- you take asthma medication daily and/or as needed
- lung function tests meet the study requirements

Participants can be compensated for study-related time and travel expenses.

Call us now for details! 613-599-5700 ext. 23
or email us at: kanataallergy@gmail.com

HELP WANTED
Building Restoration Mechanics and Foremen

BROOK Restoration
2275 Stevenage Dr. Unit #2, Ottawa
Office: 613-248-0887
Fax: 613-248-0881

Need experience in any of the following:
Concrete Repairs, EIFS, Waterproofing, Brick and Masonry, Painting, Asphalt, Caulking, Rebar Placement, Metal Flashing, Stucco, Expansion Joints, Windows & Glazing

CONTACT BROOK RESTORATION AT:
613-248-0887 or cell: 613-762-6080
email: robert@brookrestoration.ca
website: www.brookrestoration.ca

metro
THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile

LEAP INTO SPRING WITH A CITRUSY SALAD AND BRAISED RABBIT

Brighten your meals with these dishes that will transport you into the season ahead

TORSTAR NEWS SERVICE

Mint, beet and fennel salad with chili-citrus vinaigrette

For the vinaigrette
Makes 1/2 cup dressing.

Beets and fennel are wintertime favourites when drizzled with olive oil and roasted to perfection in the oven. You can find fennel year-round, but it's at its best during colder months so consider this a farewell to fennel.

The addition of fresh mint leaves serves as a teaser to all the tasty things about to sprout from the ground while beets remind you of what's still growing beneath it.

Ingredients
- Juice of 1/2 large orange
- Zest of 1 large orange
- 2 Tbsp olive oil
- 1 tsp white wine vinegar
- 1/4 tsp dried chili flakes
- Salt and pepper, to taste

Directions
1. Whisk together all ingredients in a bowl. Serve immediately or refrigerate in an airtight container for up to a week.

For the salad
Makes 4 servings.

Ingredients
- 6-8 small beets, peeled and thinly sliced
- 1 large fennel bulb, washed and thinly sliced
- 1/2 large orange, peel removed and cut into bite-sized segments
- 1/3 cup fresh mint leaves
- 1/2 cup chili-citrus vinaigrette
- Salt and pepper, to taste
- Chili flakes, to taste

Directions
1. Toss beets, fennel, orange segments and mint in large mixing bowl. Pour in vinaigrette and toss to coat evenly. Add salt, pepper and chili flakes to taste.
2. Transfer to serving bowl. Let marinate for 10 minutes before serving.

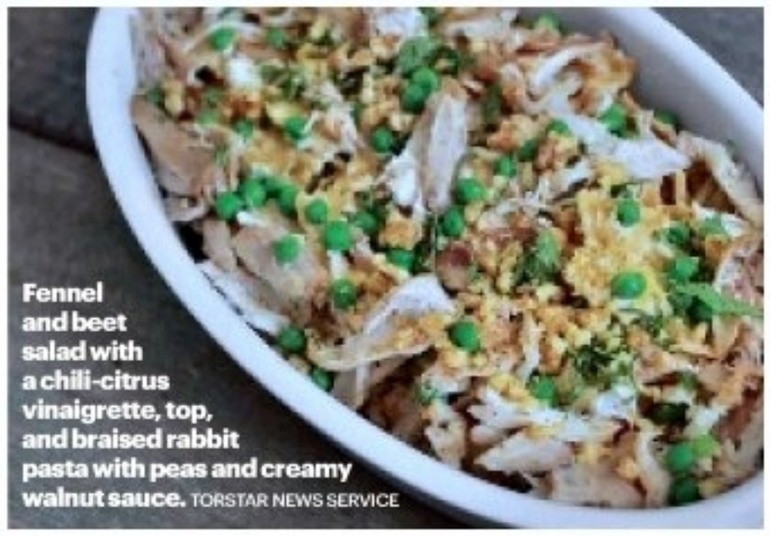
Braised rabbit with bow tie pasta, peas and creamy walnut sauce

Makes 4 servings.

It might sound morbid to cook rabbit during the month of Easter, but once you've had sweet and tender rabbit meat you'll understand why Elmer Fudd spent all those years hunting that single creature. Here, the mascot of springtime is slow-cooked, tossed in a light but creamy walnut sauce and dressed with vibrant green peas. Have the butcher take the rabbit apart for you. If you are averse to cooking wascally wabbit, substitute four whole bone-in chicken legs with the skin removed.

Ingredients
- 2 Tbsp olive oil
- 1 3-lb whole rabbit, head and ribs removed, legs and saddle separated
- 2 cups no-salt-added chicken broth
- 1 cup evaporated milk
- 1 cup crushed walnuts, plus more for garnish
- 3 minced garlic cloves
- 2 1/2 cups dried bow tie pasta
- 1 cup frozen green peas
- Salt and pepper, to taste
- Chopped mint leaves, for garnish

Directions
1. In a large pan, heat oil over medium heat. Sear rabbit until golden brown on all sides. Season with salt and pepper. Turn heat down to low. Add chicken broth. Cover and let cook on gentle simmer for 1 hour, or until meat is cooked and fork tender.
2. Remove rabbit from pan. Shred meat using two forks. Discard bones. Set meat aside.
3. Transfer remaining broth to blender. Add milk, walnuts and garlic. Blend until everything has emulsified. Set aside.
4. Bring large pot of salted water to roaring boil over medium-high heat. Cook pasta according to box instructions or until al dente. Remove pasta to bowl with slotted spoon.
5. Bring water back to a roaring boil in same pot. Add frozen peas and cook for 1 minute, or until peas are defrosted. Drain and rinse peas under cold water.
6. In a large skillet over medium heat, toss cooked pasta, peas, walnut sauce and rabbit meat together. Add salt and pepper, to taste. Transfer to serving bowl. Garnish with more crushed walnuts and mint, if using.
7. Serve immediately.



Fennel and beet salad with a chili-citrus vinaigrette, top, and braised rabbit pasta with peas and creamy walnut sauce. TORSTAR NEWS SERVICE

Give your Legs a Facelift!
VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.
SPIDER VEINS
Spider veins on your legs or face?
Get rid of them with simple injections.
DR. BEAUPRÉ VEIN/VARICES CLINIQUE
Dr. Lucie Beaupré
Diplomate of the American Board of Venous and Lymphatic Medicine
OTTAWA (613) 722-0101
1335 Carling Avenue, Suite 600
www.drbeaupreveinclinic.com

Looking for a fresh start this spring?
Let us help you find the right hearing aid to fit your lifestyle.
SAVE up to $1,000
on a pair of hearing aids
• Complimentary hearing test
• $50 gift card with purchase*
• Bluetooth accessories*
Contact us today!
Call: 1.877.347.3427
Use promo code bloom3
*Visit CHS.ca/bloom3
Services also available in French.
Offer valid until March 31, 2016
CHS | SCO
CANADIAN HEARING SOCIETY
SOCIÉTÉ CANADIENNE DE L'OUÏE
A trusted name in hearing healthcare since 1940

CHEVROLET

TRUCK MONTH

CHEVROLET IS THE FASTEST GROWING PICKUP BRAND IN CANADA.

GET UP TO **$10,000** TOTAL VALUE[1]

INCLUDES: $3,000 DELIVERY CREDIT, $5,180 CASH CREDIT, $820 PACKAGE DISCOUNT, $1,000 OWNER CASH ON 2016 SILVERADO 1500 DOUBLE CAB TRUE NORTH EDITION.

MyLink with 4G LTE Wi-Fi + Apple CarPlay | *Remote Start* | *Class-Exclusive Automatic Locking Rear Differential* | *Rear Vision Camera*

TRUE NORTH

2016 SILVERADO 1500 DOUBLE CAB TRUE NORTH EDITION

AJAC Automobile Journalists Association of Canada — BEST NEW PICK UP

Double Cab LT 4x4 with 18" Bright Machined-Aluminum Wheels shown[††]

2016 SILVERADO 1500 DOUBLE CAB WT 4x4

LEASE

$149 @ 0% FOR 24

BI-WEEKLY — MONTHS^

$2,650 DOWN PAYMENT. $0 SECURITY DEPOSIT. TAXES NOT INCLUDED. INCLUDES FREIGHT, PDI, LEVIES, $3,000 CREDIT♦ & $1,000 OWNER CASH.[2]

Available Best-in-Class kg *Towing*[3]

Available Best-in-Class *Horsepower*[4]

Available Best-in-Class *Fuel Efficiency*[Δ]

Available 4G LTE On Wi-Fi® *from OnStar*[5]

CHEVROLET.CA / FIND NEW ROADS

CHEVROLET COMPLETE CARE: **2** YEARS/48,000 KM COMPLIMENTARY OIL CHANGES** / **5** YEARS/160,000 KM ROADSIDE ASSISTANCE▲ / **5** YEARS/160,000 KM POWERTRAIN WARRANTY▲

CHEVROLET

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. **1** $10,000 is a combined total credit consisting of a $3,000 manufacturer to dealer delivery credit (tax exclusive) for 2016 Silverado Light Duty Double Cab, $1,000 Owner Cash (tax inclusive), an $820 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2016 Chevrolet Silverado Light Duty (1500) Double Cab 1LT equipped with a True North Edition, a $1,600 cash credit and a $3,580 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab LT or LTZ, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $3,580 credit which will result in higher effective interest rates. Discounts vary by model. ▼Based on a 24 month lease for 2016 Chevrolet Silverado 1500 Double Cab WT 4x4 1WT+G80+B30. Annual kilometre limit of 20,000 km. $0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $2,650 and/or $0 security deposit is required. Total obligation is $10,387. Option to purchase at lease end is $25,472. Excess wear and tear and km charges not included. Other lease options are available. ♦$3,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2016 Chevrolet Silverado 1500 Double Cab and is reflected in offers in this advertisement. Other cash credits are available on most models. See dealer for details. **2** Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015/2016 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickup models delivered in Canada from March 1, 2016 – March 31, 2016. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on Chevrolet: Sonic, Cruze, Malibu Limited, Malibu (excluding L), Camaro, Volt, Trax, Buick Encore and Verano; $750 credit available on other Chevrolet, Buick or GMC vehicles (except Chevrolet: Colorado ZSA, Silverado Light Duty and Heavy Duty, GMC: Canyon ZSA, Sierra Light Duty and Heavy Duty): $1,000 credit available on '16 Cadillac vehicles and $1,000 on all Chevrolet Silverado and GMC Sierra trucks. Offer is transferable to a "family member living within the same household (proof or address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. 1/▼/♦/2/***Freight & PDI ($1,695/$1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2016 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GM Canada may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2016 MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 48,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. GM Canada reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ††2016 Silverado 1500 1LT 4x4 with PZX, MSRP with freight, PDI & levies: $44,129. Dealers are free to set individual prices. ▲Whichever comes first. See dealer for limited warranty details. **3** Silverado 1500 LTZ 2WD Double Cab Standard Box or Crew Cab Short Box LTZ 2WD with the available 6.2L V8 engine and Max Trailering Package. Before you buy a vehicle or use it for trailering, carefully review the Trailering section of the Owner's Manual. The weight of passengers, cargo and options or accessories may reduce the amount you can tow. Based on WardsAuto.com 2015 Large Pickup segment and latest available competitive information at time of posting. Excludes other GM vehicles. **4** With available 6.2L V8 engine. Δ2016 Silverado 1500 2WD with available 5.3L V8 engine and 6-speed automatic transmission fuel consumption based on GM testing in accordance with Government of Canada approved test methods. Refer to vehicles.nrcan.gc.ca for details. Your actual fuel consumption may vary. Competitive information based on WardsAuto.com 2015 Large Pickup segment and latest available data at time of posting. **5** Visit onstar.ca for coverage maps, details and system limitations. Services vary by model, conditions and geographical and technical restrictions. Customers will be able to access OnStar services only if they accept the OnStar User Terms, Privacy Statement and Software Terms. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Available Wi-Fi hotspot requires a data plan.

metro DRIVE
Your essential daily news
BMW celebrates its 100th anniversary

Something for the whole family

REVIEW

Pilot delivers value pack of convenience, comfort

Mike Goetz
For Metro Canada

The previous Honda Pilot featured a squared-off and rugged SUV vibe, which didn't quite resonate with its intended target — large families with lots of kid chauffeuring on the schedule.

So for this all-new-for 2016 version, Honda re-positioned Pilot to be less masculine, and with more priority on family comfort and safety. While more rounded and sleeker, the Pilot is still one of the roomier mid-size crossovers, with a legitimate third row, and eight seats. If you don't need to carry more than seven, definitely go with second-row captain chairs, which keep siblings from encroaching on each other's terriotories, for better family harmony. They are also heatable and slide for fairly easy entry into the third row. Like all third rows, Pilot's is low to the ground, but wide and comfortable enough for three smaller humans.

Climb into the driver's seat, and you'll be impressed by the vast array of new features and excellent outward visibility, the latter helped by super thin front pillars, and big windows all around. Dominating the front space is Pilot's new standard touchscreen infotainment system. It looks good, sounds good, and is packed with solid technology, but I found it required too much brain activity to do most anything. It will have you soon running to the few "actual" buttons on the steering wheel, and voice command. More new tech that takes getting used to, is the "drive by wire" gear selector, which is packaged with the optional and all-new nine-speed automatic.

Pilot's only powerplant is the 3.5-litre V6, which has been recently endowed with lots of technology — direct injection, auto stop-start, i-VTEC, and cylinder de-activation. As such, and with the new multi-speed transmissions, the new Pilot is quite fuel efficient for its size. The engine is also super smooth. Front-wheel drive versions are available, but most potential customers will opt for AWD, and Honda has seriously upgraded Pilot's AWD system, with selectable modes (Normal, Mud, Sand and Snow), and torque vectoring.

Combined with its silky and quiet engine, and comfortable ride, the Pilot is very soothing on the road. All the modern safety features you can think of are standard — or optional. I particularly like how often Honda's Lane Watch helps you in everyday driving. Note, however, that Blind Spot and Rear Cross monitoring are only available on the top-end model.

The Pilot is not too engaging to steer. But Honda probably figures you just want to relax when you're driving your clan to their required locations, be they a soccer field, the orthodontist, or a kingdom far, far away.

THE CHECKLIST | 2016 HONDA PILOT

THE BASICS

Type. Five-door, FWD or AWD, seven or eight-seat, midsize crossover
Engines (hp). 3.5-litre V6 (280)
Transmissions. Six-speed automatic, nine-speed automatic
Base price. $35,490 (not including $1,827 for PDI & Freight)

COOL FEATURES

- New standard infotainment system features Android OS.
- V6 now features direct injection, and can shut down one bank of cylinders.
- Honda Sensing safety features includes Collision Mitigation and more.

INTERIOR PHOTOS MIKE GOETZ/FOR METRO; ALL OTHERS HANDOUT

POINTS

- Seven-seat configuration features second-row captain chairs, which can be heated.
- New AWD system can adjust engine torque to various wheels, and features Normal, Mud, Sand and Snow modes.
- New satellite linked navigation system.

MARKET POSITION

- Couldn't be more targeted toward big, busy families.
- New-generation styling and technologies designed to make Pilot sleeker and more comfortable.
- One of the bigger "mid-size" crossovers.

THE COMPETITION

Hyundai Sante Fe XL
Base price: $31,099

Toyota Highlander
Base price: $33,555

Ford Flex
Base price: $31,799

RIMAC AUTOMOBILI

Electric supercar wins young Croatian inventor fame

He's the name behind the world's first electric supercar, winning international plaudits for his ingenuity.

But for Croatia's 28-year-old Mate Rimac, it all started as a hobby in his garage. A keen techie since high school, Rimac was racing an old BMW when he blew the engine and decided to turn the car into an electric one starting with pieces he bought on the Internet.

A decade later, his firm Rimac Automobili is becoming a global leader in electric vehicle technology, selling Concept One supercars for 850,000 euros ($923,000) each and giving a much-needed boost to Croatia's start-up scene.

"We want to be the best in the world in what we do and we are changing the world," Rimac told AFP in his factory showroom in the small town of Sveta Nedelja, near the Croatian capital.

The confident but modest entrepreneur was named by Politico Europe in December as one of 28 people across the continent who are "shaping, shaking and stirring Europe."

But mastering the complex technology of electric sports cars and winning financing was no easy task — especially in a small country of 4.3 million people with no automotive industry.

Rimac formed the company in 2009 when he realised there was not much left of the original vehicle he had transformed, and the aim was to build an electric supercar from scratch.

Motor show success

The company unveiled the Concept One at the 2011 Frankfurt Motor Show, where nobody expected a small Croatian firm to showcase an electric car that could reach 100 kilometres per hour in a staggering 2.8 seconds.

Last week at the Geneva International Motor Show, Rimac introduced the production version of the car.

Many expected Rimac's success would lead him to move somewhere else, such as Silicon Valley, Germany or Italy. But instead he has kept the business in Croatia, a country slowly emerging from six years of recession.

"I want to do it here... I'm stubborn," he said. "I think it is possible, I mean we are doing very well." AFP

Mate Rimac and his Concept One model. DENIS LOVROVIC / AFP

The 2016 Mercedes GLE Coupe

As a competitor to the BMW X6, the new Mercedes-Benz GLE Coupe joins the GLE wagon. With a sloped hatchback design, the GLE Coupe obviously trades cargo room for style and sportiness. It is perhaps no less capable than the GLE wagon, at least when it comes to foul-weather driving, with standard all-wheel-drive and the latest in safety technology. The GLE Coupe is, however, aimed at the performance crowd. **JEFF MELNYCHUK** WHEELBASE MEDIA

1 Engine Lineup
249-hp 3.0-litre V-6 turbo-diesel (nine-speed automatic transmission). 362-hp 3.0-litre turbocharged V-6 (nine-speed automatic transmission). 577-hp turbocharged 5.5-litre V-8 (seven-speed paddle-shift transmission).

2 Safety tech
Assisted steering automatically keeps the GLE Coupe in the middle of the lane, but will deactivate if you try driving hands-free. Brake assist warns if you're closing too rapidly on the vehicle in front and will apply the brakes, if necessary, to help prevent a collision.

3 Cargo/Backseat
Rear seat is best for two people. With the sloped roof, the GLE a bit more than half of the cargo room behind the rear seats as the GLE wagon.

4 Design
About 10 centimetres longer and eight wider than the GLE wagon.
Deeply contoured front seats are optional.
Select from Comfort, Slippery, Sport, Sport+ and Individual modes. SOURCE: MERCEDEZ-BENZ

IMAGINE...
YOUR BILLS... YOUR RENT... YOUR EXPENSES...
PAID FOR THE WHOLE YEAR!
2016 IS ALL ABOUT YOU AND JUMP! 106.9
IS TAKING CARE OF EVERYTHING!
jump! 106.9's
LIVE FREE
WE PAY FOR EVERYTHING
LISTEN TODAY AT 7:20AM, 9:20AM, 1:20PM AND 5:20PM TO PLAY!
JUMPRADIO.CA
PROUD PARTNER:
galeries aylmer.com

0% FINANCING† FOR 72 MONTHS

PLUS

GET UP TO $9,500 IN TOTAL DISCOUNTS◊

Starting From Price for 2016 Ram 1500 Rebel shown: $48,740§

2016 RAM 1500 QUAD CAB SXT 4X4

• Uconnect® 3.0 multimedia centre and USB port • 17-inch lightweight aluminum wheels • Four-wheel disc anti-lock brakes with Brake Assist • Cruise control and tilt steering column • Electronic Stability Control with Hill Start Assist, Trailer Sway Control and Traction Control • Front and rear stabilizer bars

LEASE FOR

$295 MONTHLY➤ @ **2.99%** FOR 24 MONTHS WITH $578 DOWN/$500 SECURITY DEPOSIT

OR GET

0% FINANCING† FOR 72 MONTHS

Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

REBUILDING YOUR CREDIT? SPECIAL RATES AS LOW AS 4.99% OAC~

GUTS · GLORY RAM

MAXIMIZE YOUR VALUE

2016 RAM 1500 CREW CAB SXT 4X4

WITH CLASS IV RECEIVER HITCH NOW AVAILABLE WITH 6.4-FT BOX | LEASE FOR | **$325** MONTHLY➤ @ **2.99%** FOR 24 MONTHS WITH $2,078 DOWN/$500 SECURITY DEPOSIT | OR GET | **0%** FINANCING† FOR 72 MONTHS

Laramie model shown

STRETCH OUT IN THE CREW CAB WITH ADDITIONAL LEGROOM

CANADA'S **#1-SELLING** AUTOMAKER

RAMTRUCKOFFERS.CA

Wise customers read the fine print: †, ◊, ➤, ◦, *, ~, § The Ram Truck offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after March 1, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,745), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 72 months available on select new 2016 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A+AGR)/2016 Ram 1500 Crew Cab SXT 4x4 (25A+AGR+XFH) with a Purchase Price of $30,368/$33,867 with a $998/$998 down payment, financed at 0% for 72 months equals 156 bi-weekly payments of $188/$211 with a cost of borrowing of $0 and a total obligation of $30,368/$33,867. ◊$9,500 in Total Discounts is available on new 2016 Ram 1500 models (excluding Reg Cab) and consists of $7,500 in Consumer Cash Discounts and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash and $500 Lease Bonus Cash. See your retailer for complete details. ➤2.99% lease financing for up to 24 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A)/2016 Ram 1500 Crew Cab SXT 4x4 (25A+AGR+XFH) with a Purchase Price of $29,290/$31,289 leased at 2.99% for 24 months with a $500 security deposit, $578/$2,078 down payment and first month's payment due at lease inception equals 24 monthly payments of $295/$325 with a cost of borrowing of $1,577.70/$1,677.79 (including $60.25 PPSA registration) and a total obligation of $7,723.95/$9,946.44. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ◦$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015/2016 Ram 1500 (excludes Regular Cab), 2014/2015/2016 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before March 1, 2016. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. ~Non-prime financing available on select models on approved credit. Financing example: 2016 Ram 1500 Quad Cab SXT 4x4 (25A+AGR) with a Purchase Price of $30,368 financed at 4.99% over 84 months, equals 182 bi-weekly payments of $192 with a cost of borrowing of $5,488 and a total finance obligation of $35,855.89. §Starting From Prices for vehicles shown include Consumer Cash discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. Certain features of vehicles shown – e.g., interior colour – may not be offered on all models. See retailer for details. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

SiriusXM

DODGE CARAVAN KIDS
PROUD SPONSOR OF MINOR HOCKEY ACROSS CANADA

met SPORTS

The Canadian women's soccer team will host Brazil for two friendlies ahead of the Rio Olympics — June 4 in Toronto and June 7 in Ottawa

Jays take pride in strength up middle

MLB

Special bond formed between Goins, Tulo, Martin, Pillar

They are not inseparable, but Blue Jays second baseman Ryan Goins is usually within whispering range of shortstop Troy Tulowitzki in the clubhouse.

The two are a league-leading double play combo since Tulowitzki arrived last July and formed a unique bond as baseball soul mates.

"Our team is full of household names ... it elevates your own game, makes you play to their standards," Goins said Tuesday, after the Jays improved to 6-1 in spring training with a 9-3 win over the Minnesota Twins.

Tulowitzki, who brings veteran leadership to the Jays, created a slogan to acknowledge the league-leading status of its middle defence of catcher, shortstop, second baseman and centre-fielder.

"Strong up the Middle" is a badge of honour among the foursome. Catcher Russell Martin, centre-fielder Kevin Pillar and Tulowitzki and Goins established themselves as the best up-the-middle defence in the American League during Toronto's charge to the post-season last season.

Now, the phrase is spoken between them like a handshake. It also reaffirms not only the status of the foursome on the diamond but the bond they share off it as friends.

"Strong up the middle ... Tulo came up with that, and it was something we obviously believed in, being strong up the middle for the whole season," Goins said.

Behind that phrase is a resulting bond that sees the players share commitment, laughs, dinners, and even a trip to the barber.

On the field, the foursome owned the best combined stats for defensive runs saved by a player last season. For this coming season, many predict the foursome will be baseball's best in defensive runs above average. TORSTAR NEWS SERVICE

Blue Jays shortstop Troy Tulowitzki, middle, and second baseman Ryan Goins turn a double play against the Orioles' Daniel Alvarez on Friday. FRANK GUNN/THE CANADIAN PRESS

> **As good as our offence had been, we never took off until our defence improved.**
> Manager John Gibbons

CANADIAN GOLF

Kane at head of new Hall of Fame class

Lorie Kane's career is far from over, but she can't help but look back to where it all began.

Kane was named one of this year's inductees to the Canadian Golf Hall of Fame on Tuesday morning along with famed amateur Warren Sye and reporter Bob Weeks, who enters in the builder category.

"This sits right beside my first win," said Kane, who won her first professional tournament in 2000 at the Michelob Light Classic outside St. Louis. "It took me a long time to get my first win and if I look at my career, if this is my 20th year, I've been truly blessed. I still see lots of future in front of me, as far as my life in golf is concerned.

"I hope it doesn't mean the circle is complete because I still want to keep going around."

Lorie Kane
GETTY IMAGES FILE

Kane, from Charlottetown, is still active on the LPGA Tour and has won eight pro tours in her career. She has also won the Bobbie Rosenfeld Award in 1997 and 2000 as the Canadian female athlete of the year and was named to the Order of Canada in 2006. THE CANADIAN PRESS

TENNIS

Sponsors shy away from Sharapova

Maria Sharapova, the world's highest-earning female athlete for many years, was abandoned Tuesday by some of her biggest sponsors after the Russian tennis star acknowledged taking a recently banned substance for a decade.

Sportswear giant Nike, Swiss watch brand Tag Heuer and German luxury car company Porsche quickly distanced themselves from the five-time Grand Slam winner after she announced Monday that she failed a drug test for meldonium at the Australian Open in January, days after the substance was banned.

$36M

Sharapova has more than $36 million in career prize winnings.

Industry veterans were surprised by how quickly these companies backed away from such a bankable performer. Sharapova earned an estimated $29.5 million last year alone, the vast majority off the court. THE ASSOCIATED PRESS

BRIER

Jacobs adds bushy beard to gun show

Brad Jacobs
JUSTIN TANG/THE CANADIAN PRESS

If the bulging biceps don't do it, the mountain man beards might do the trick.

The glowing resumés of Brad Jacobs and his Northern Ontario crew are intimidating enough. Tack on some top-flight facial hair to go with their imposing physiques and the visual battle is over before the first rock is thrown.

Fear the Beard is a buzz term at the Tim Hortons Brier, and with good reason. Jacobs is sporting a thick beard and teammates Ryan Fry and Ryan Harnden aren't far behind for the unbeaten rink.

NEXT BEST

After nine draws, Newfoundland and Labrador's Brad Gushue was alone in second place at 5-1 following a 4-3 victory over Kevin Koe of Alberta on Tuesday afternoon.

"The hairline is not getting any better so I figure if I can't grow it on top, maybe I'll grow it on my face," Jacobs said Tuesday after picking up his fifth round-robin win.

"He doesn't do anything half-assed," Fry said. "When he says he's growing a beard, he's growing a frigging beard."

The fans have been showing them love this week. Moose calls rang out through the 8,200-seat venue when they completed a 6-2 win over Prince Edward Island's Adam Casey 6-2 on Tuesday morning.

The 2013 Brier champs took a 5-0 record into their evening game against Alberta's Kevin Koe. THE CANADIAN PRESS

CHAMPIONS LEAGUE

Wolfsburg reaches semis

Andre Schuerrle scored to send Wolfsburg to the quarter-finals of the Champions League for the first time on Tuesday with a 1-0 win at home over Belgian champion Gent.

Julian Draxler easily skipped past a defender and crossed for his fellow Germany international to seal Wolfsburg's 4-2 aggregate victory in the 74th minute.

Both sides were playing in the Round of 16 for the first time, and Wolfsburg is just the seventh team to have progressed at the first attempt. THE ASSOCIATED PRESS

Madrid polishes off Roma

Cristiano Ronaldo and James Rodriguez scored second-half goals to help Real Madrid defeat Roma 2-0 and advance to the Champions League quarter-finals for the sixth consecutive season on Tuesday.

Ronaldo scored his 13th goal in the competition this season by turning home a cross by substitute forward Lucas Vazquez in the 64th and Rodriguez added to the lead four minutes later with a low shot from inside the area to give Madrid a 4-0 aggregate victory. THE ASSOCIATED PRESS

RECIPE Fresh Tomato Spaghetti

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is one of those too-good-to-be-true recipes. It's just a few ingredients and a very small time commitment and yet you'll create a delicious, satisfying dinner.

Ready in
Prep time: 5 minutes
Total time: 15 minutes
Serves 4

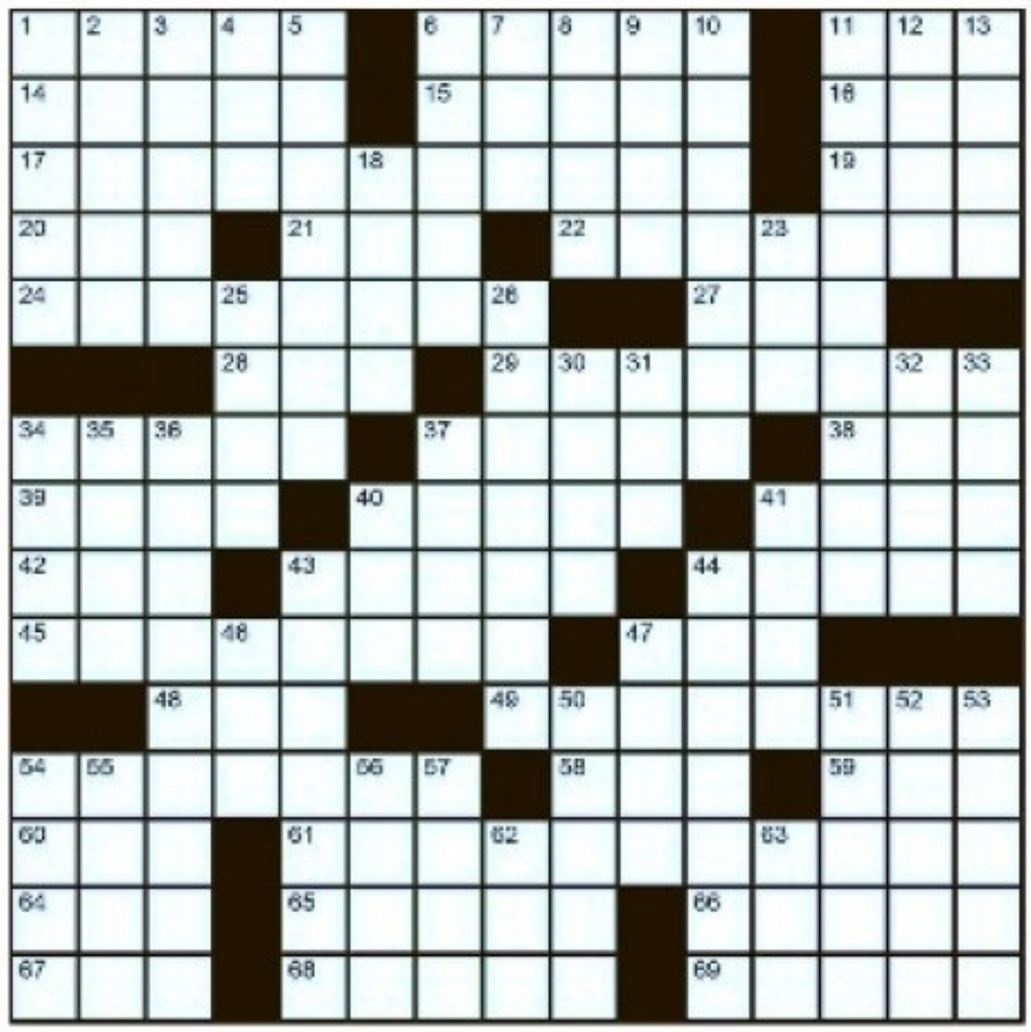
Ingredients
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 500 g package of whole-wheat spaghetti
- 3 Tbsp red wine vinegar
- 2 cups fresh tomatoes, washed and chopped
- 1 head of arugula, washed and rough chopped
- Salt and pepper to taste

Directions
1. Put a big pot of well salted water on to boil.
2. In a sauté pan, bring the olive oil to low-medium heat.
3. Add minced garlic and allow to cook but not brown. You're just taking the bite out of it so it's only going to take a couple of minutes. Take the pan off the heat.
4. Cook pasta according to package instructions. Scoop out a cup of water from the pot before draining (this is a good habit to get into, btw). The starchy water is a great way to loosen up a too-thick sauce, plus it adds a certain slickness to your pastas.
5. Drain your noodles well before tossing them back in the pot. Add the garlic-infused oil and vinegar and toss well until all of the spaghetti is well coated. Now add your tomatoes and toss again. Pour in your cooking liquid, bit by bit, until your sauce is the desired consistency (you may not need much).
6. Throw in the arugula and give it another good mix so there are pieces of green throughout. Taste before adding a bit of salt and pepper.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Reprimand
6. Calm
11. Sched. time not yet figured out
14. Electroshock-er
15. "A Passage to _" (1984)
16. Ingrid Bergman's actress/model daughter ...her initials-sharers
17. Archaeologist's major discovery in Egypt: 2 wds.
19. Miracle-_ (Plant food brand)
20. U.S. health-related agcy.
21. Lamb of God, Agnus _
22. Stand for one addressing an audience
24. Draw a _ conclusion
27. Canadian hockey great's three-lettered surname
28. Barbie and _
29. Was off target
34. Items in Dracula's closet
37. Spotted cat-like mammal
38. Vegetarian variety, with Lacto-
39. Repented
40. Sacred choral piece
41. Take _ _ face value
42. Piece of food
43. Classifies
44. St. _, Newfoundland
45. Ontario: Canadian _ Heritage Museum, in Mount Hope near Hamilton ...more at #11-Down
47. Got a glimpse
48. "..._ _ quit!" (Employee's ultimatum)
49. Striking/breath-taking
54. Material for Canada's bank notes
58. Apple pie _ _ mode
59. Prefix to 'thermal'
60. "_ Got a Feeling" by The Beatles
61. French for 'potato chips'
64. Ancient war god
65. Overthrow
66. Army academy attendee
67. Nav. rank
68. Miniscule
69. "Heaven" singer Bryan

DOWN
1. Personnel
2. _-_ attitude (It's possible!)
3. Muppet-in-a-can
4. Hawaiian vacationer's gift
5. River excavators
6. '60s-style protest
7. It'll make a blast
8. Kelly Clarkson was the first in 2002
9. Green hue
10. Scientist's work outfit: 2 wds.
11. One of #45-Across' vintage aircrafts, de Havilland _ _
12. Cold temps experiencer's reaction!
13. Bit of "Danny's Song": "...think I'm gonna have _ _."
18. Inert gas
23. Three
25. _ out a living (Survived)
26. Gave off
30. St. _ (Facial scrub brand)
31. Unit of play for Milos Raonic
32. "_ Almighty" (2007)
33. i i i toppers
34. Boast
35. Mystique
36. Resource in Alberta
37. Succotash stuff
40. New Zealand bird, once
41. Dubuque's locale
43. _-_ jeans
44. Island country where Kingston is the capital
46. Jimmy
47. Fries flavourer
50. Hoarse
51. British actress Ms. Swinton
52. "Hmmm, _ _ to remember..."
53. Tolls
54. Sandwich orderer's preference to bread
55. Metamorphoses poet
56. Celtic language
57. Casanova
62. Hallway art piece
63. Chap

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be dreading what is round the corner but there is no reason to worry — what you fear is mainly in your mind. Put your imagination to good use and do something creative that could also make you money.

Taurus April 21 - May 21
You need to be with people who share your outlook on life, especially if it seems that others are plotting against you. Ally yourself with those whose principles are in line with your own. There's safety in numbers.

Gemini May 22 - June 21
You'll get the chance to show your leadership qualities today and people will be impressed. You have everything it takes to reach the top.

Cancer June 22 - July 23
A solar eclipse in Pisces marks the start of a more productive phase but to make the most of it you have got to think clearly. For the next few days you must focus only on facts.

Leo July 24 - Aug. 23
Money matters have been concerning but what happens today will ease your fears. If you stay calm and think logically there's nothing that can harm you, at least not financially.

Virgo Aug. 24 - Sept. 23
Something you say today is likely to rub certain people the wrong way. Expect some kind of backlash. Most likely they will withdraw their assistance but that's OK, you are quite capable on your own.

Libra Sept. 24 - Oct. 23
You're having second thoughts about something that previously you were keen on. Don't make any sudden changes. Wait until Friday's Mercury-Neptune link has passed.

Scorpio Oct. 24 - Nov. 22
You rarely sell yourself short and today will be no exception. With a solar eclipse in your fellow Water sign of Pisces you honestly believe you can take on the world and win.

Sagittarius Nov. 23 - Dec. 21
Why does no one seem to be taking your advice? Because they want you to mind your own business! Take the hint and back off a bit. If your advice is as good as you think it is you'll get the chance to give it again later on.

Capricorn Dec. 22 - Jan. 20
You need to get out and about more and today's solar eclipse will provide you with endless opportunities. Don't worry if people complain that you are being irresponsible. Living well is the best revenge.

Aquarius Jan. 21 - Feb. 19
You'll discover a new source of income just as you were beginning to think you might have to sell something to make ends meet. You're not as poor as you seem to think you are.

Pisces Feb. 20 - March 20
Today's solar eclipse in your sign makes you feel good about yourself and about the future. Ignore the nagging doubt in the back of your mind that you don't deserve it.

CONCEPTIS SUDOKU by Dave Green

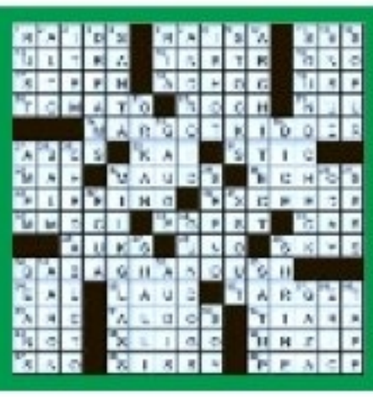
Every row, column and box contains 1-9

	6	8	4					
7				3	5	2		
	2	4						
1			2	6	8			4
						5	9	
		9	5	4				1
					7	3	6	

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	4	8	2	3	9	5	7	6
5	9	6	4	1	7	3	2	8
3	2	7	5	8	6	4	1	9
8	5	3	7	9	1	2	6	4
6	1	4	8	5	2	7	9	3
2	7	9	3	6	4	1	8	5
7	8	5	6	2	3	9	4	1
4	3	1	9	7	8	6	5	2
9	6	2	1	4	5	8	3	7

CHARGED WITH A TRAFFIC OFFENCE
X COPPER
NEW Location: 1901 Bank Street www.xcopper.com

GET THE FOCUS MOST SHOPPERS BUY.

THE ONE WITH ALL OF THIS:

- 2.0L Engine
- 160 Horsepower
- Automatic Transmission
- SYNC® Enhanced Voice Recognition†
- Rear View Camera¥
- 16" Aluminum Wheels
- Air Conditioning

LEASE THE **2016**
FOCUS SE

$98	0.79%	60	$1,395
EVERY 2 WEEKS	APR*	MONTHS	DOWN

OFFER INCLUDES $1,700 IN FREIGHT AND AIR TAX

*IT'S **EASY** TO GET INTO A **FORD*** Shop now at **findyourford.ca** or drop by your Metro area **Ford Dealers of Ottawa today.**

Ford
Go Further

GET THE ESCAPE MOST SHOPPERS BUY.

THE ONE WITH ALL OF THIS:

- 1.6L EcoBoost® Engine
- 178 Horsepower
- Air Conditioning
- Keyless Entry
- Roof-Rack Side Rails
- Rear View Camera¥
- 17" Aluminum Wheels
- SYNC® 3 Enhanced Voice Recognition†

LEASE THE **2016**
ESCAPE SE 4WD

$145	0.99%	60	$1,495
EVERY 2 WEEKS	APR*	MONTHS	DOWN

OFFER INCLUDES $1,790 IN FREIGHT AND AIR TAX

ELIGIBLE COSTCO MEMBERS RECEIVE **$1,000** TOWARDS MOST NEW 2015/16 VEHICLES**

*IT'S **EASY** TO GET INTO A **FORD*** Shop now at **findyourford.ca** or drop by your Metro area **Ford Dealers of Ottawa today.**

Ford
Go Further

Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

Oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). *Until March 31, 2016, lease a new 2016 Escape SE 4WD 201A/2016 Ford Focus SE Auto for up to 60 months and get 0.99%/0.79% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2016 Escape SE 4WD 201A with a value of $29,279/$20,436 (after $1,495/$1,395 down payment or equivalent trade in and Manufacturer Rebates of $500/$0 deducted and including freight and air tax charges of $1,790/$1,700) at 0.99%/0.79% APR for up to 60 months with an optional buyout of $11,552/$7,441, monthly payment is $313/$213 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $144.46/$98.28), total lease obligation is $20,275/$14,175, interest cost of leasing is $1,007/$533 or 0.99%/0.79% APR. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 80,000 km for 60 months applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change (except in Quebec), see your local dealer for details. †Some mobile phones and some digital media players may not be fully compatible. Driving while distracted can result in loss of vehicle control. Only use SYNC systems/other devices, even with voice commands, when it is safe to do so. SYNC voice recognition and screens are available in English, French and Spanish. Some features may be locked out while the vehicle is in motion gear. SYNC®3 is an available feature; availability varies by model. Optional SYNC®3 Navigation system map updates cannot be received via Wi-Fi and requires a separate update. Data rates may apply. ¥Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. **Offer only valid from March 1, 2016 to April 30, 2016 (the "Offer Period"), to resident Canadians with an eligible Costco membership on or before February 29, 2016. Receive $1,000 towards the purchase or lease of a new and available 2015/2016 Ford models (excluding Fiesta, Focus, C-MAX, 50th Anniversary Edition Mustang, Shelby® GT350 Mustang, Shelby® GT350R Mustang, F-150 Regular Cab XL 4x2 and Medium Truck, all 2015 "final settled" models) (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD$1,000 offer is deducted. ® Registered trademark of Price Costco International, Inc. used under license. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription.